

SKAD457 (SQA Unit Code - FT7T 04)

Plan health related exercise and physical activity for children



Overview

This standard is about planning structured health related exercise and physical activity sessions for apparently healthy children in the age range 5-15 inclusive. Instructors will need specific knowledge about child development and the appropriateness of different activities to different groups. They will also need to demonstrate a good understanding of children's needs and how to safeguard their health, safety and welfare.

Instructors must also take account of guidelines from relevant national bodies and their own prior experience when planning and preparing sessions.

The document is divided into two parts. The first part describes the two things you have to do. These are:

1. collect and analyse relevant information
2. plan safe and effective exercise and physical activity for children

The second part covers the knowledge and understanding you must have.

This standard is for instructors who plan, conduct and review exercise and physical activity with children in the age range 5-15.

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Performance criteria

You must be able to:

Collect and analyse relevant information

- P1 establish effective working relationship with the parent/carer
- P2 collect the information you need to plan physical activity sessions
- P3 make sure the information is accurate and up-to-date
- P4 make sure there is informed parental/ carer consent for the physical activity sessions
- P5 analyse the information and identify the implications for health related physical activities
- P6 refer any child whose needs and potential you cannot meet to another professional
- P7 maintain confidentiality

You must be able to:

Plan safe and effective exercise and physical activity for children

- P8 identify objectives that are appropriate to:
 - P9.1. the needs and potential of the children
 - P9.2. accepted good practice in the industry
 - P9.3. your own level of competence
 - P9.4. the aims of the session
- P9 plan sessions that will help all the children take part and achieve the planned
- P10 structure the session so that the children will be motivated to adhere to physical activity
- P11 plan realistic timings for sessions
- P12 identify ground rules for behaviour that will minimise risks to the children
- P13 record your plans in the required format
- P14 get advice from another professional if there is anything you are not competent to deal with

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Knowledge and understanding

You need to know and understand:

Components of fitness in relation to exercise and physical activity for children

- K1 the barriers and motivations to participation with particular reference to the stages of maturation in children
- K2 the importance of promoting the whole concept of health and fitness to children including: daily exercise, nutrition, wellness, play and overall healthy lifestyle
- K3 guidelines for the amount of physical activity for the health and well-being of children
- K4 the agencies involved in promoting activity for children's health in the UK
- K5 the difference between chronological and biological age

You need to know and understand:

Anatomy and physiology

Bones and joints

- K6 bone formation with particular emphasis on potential injuries resulting from intense training changes relating to bone density, joint stability, function and posture and potential injuries resulting from repetitive training
- K7 the implications of growth and development during the various stages of child development
- K8 preventative measures to avoid growth related injuries

Muscular system

- K9 the benefits of strength gains in children

Cardiovascular system

- K10 general responses of the cardiovascular system to training in children
- K11 ways of monitoring levels of exertion in children
- K12 the importance of rehydration and body heat regulation in children and how to take account of these

You need to know and understand:

Social, emotional and psychological considerations

- K13 the social, emotional and psychological benefits of children taking part in regular physical activity
- K14 positive ways of promoting these benefits to parents/carers
- K15 the role of the instructor in providing solutions to assist in building children's confidence
- K16 the motivational factors that may assist children of all ages to enjoy the session and adhere to physical activity
- K17 the common physical and psychological barriers to physical activity that children may face and how to respond to these

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K18 current national guidelines covering the health, safety and welfare of children and how to implement these during physical activity sessions with children

K19 exercises that are safe and appropriate for children of all ages, including alternatives to potentially harmful physical activities;

You need to know and understand:

Collect and analyse relevant information

K20 the factors which affect the ability of children to exercise

K21 reasons for temporary deferral of exercise in children; referral;

K22 informed consent and what it means in the context of children

K23 when and how to obtain parental/ carer consent

K24 screening and how it applies to children and how to record information relevant to screening children

K25 the importance of collecting emergency contact information

You need to know and understand:

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K26 how to identify objectives for sessions based on collected information

K27 how to apply the principles and variables of fitness to a range of activities which will achieve various health benefits and the required levels of physical activity in children

K28 how music can enhance a session and the suitability of speed and type of music for the participants and section of the class

K29 legalities of the use of music

K30 how to use a range of physical resources appropriate to children to achieve required levels of activity

K31 the health and environmental factors which affect group/individual working space

K32 the importance and application of warm up and cool down when designing physical activity for children

K33 how to record plans in the appropriate form

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Additional Information

**Scope/range
linked to
performance
criteria**

1. **Information**
 - 1.1. emergency contact
 - 1.2. parent/guardian details
 - 1.3. personal goals
 - 1.4. lifestyle
 - 1.5. medical history
 - 1.6. physical activity history
 - 1.7. physical activity likes and dislikes

2. **Information sources**
 - 2.1. child
 - 2.2. parents/carers
 - 2.3. school

3. **Promote and enhance activity levels**
 - 3.1. improve social skills
 - 3.2. personal development
 - 3.3. improve skills and techniques
 - 3.4. provide opportunities for fun and enjoyment

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